

OF INTEREST TO THE WOMEN

FROM WOMAN'S POINT OF VIEW

Possibly men may not think that they need advice in the matter of picking wives, but we may be pardoned for thinking that some of them might do better than rely upon their own judgment. No workman can afford to marry an idle, incapable woman, or one with chronic bad health. A man who has to count pennies is better off alone unless he can find a woman who is thrifty and competent to carry her share of the burden.

Any man is unwise who saddles himself with a wife addicted to nagging. There are ways of discovering such traits before it is too late, and honorable ways of avoiding misery. An untidy wife is enough to drive a man to dissipation, and she, too, is easily discovered before marriage. The world is full of capable sweet women who would make ideal wives, but only to be found by men. They are not among the free and easy-mannered girls to be met in public places and wooed in a day.

It is not nice to hear the blunt things said about women who are careless in their behavior, but the truth of some of them cannot be denied. Apparently men do not mind such things for many of these girls get good husbands. Marriages are so thoughtlessly made nowadays that the requisites of wifehood are lost sight of. A poor man's wife should be a homemaker, first of all, should be able to sew and mend, and look out for the hard-earned dollars brought home by her husband. She does not need accomplishments, though they may not come amiss after the other things are mastered.

There are worse fates than looking after the comfort of a devoted husband. It is worse to live alone in one stuffy room and wash handkerchiefs at night, and peel them off the mirror, where they have dried while the owner slept. It is worse to wonder what would happen should sickness make her unable to do for in one's own home there is bound to be good care under such circumstances. A bad husband is an incubation, but a good one is a blessing, and every woman who has one should offer daily thanks for him.

From the President of the United States down to the humblest worker, men have owed much to their wives. Most of them have taken pride in confessing it, and declaring that without the encouragement and love given by their wives during the war they would have been nothing worth while in their lives. A man recently pointed out to me, with a great show of pride, the home which is now sheltering his old age. It was bought by his wife, in ways which only a careful, thrifty woman knows. He says that he spent every cent he got hold of, but she saved what she could coax from him. The best investment she could think of was a home for old age.

BUTTERMILK A REFRESHING DRINK AND COSMETIC.

During the hot, sultry days, many persons drink buttermilk to cool and refresh themselves. Little thinking, too, of the healthful benefit that is to be derived from it. Buttermilk should be regarded as a necessity in every household during the warm weather, for it not only is inexpensive, but highly nutritive, easily digested, as well as very refreshing.

That some persons do not like the flavor of it at first is a drawback, but one that can be easily overcome, and instead of getting a phosphate or ice cream soda when thirsty, it is recommended that a girl get a glass of buttermilk. It is excellent for the complexion and is a tonic for the system. Incidentally, while on the subject of its palatableness, let me state that there is more than one quality of buttermilk, and that which is most healthful is not biting acid. It has a certain tartness, but when sour it should not be drunk, although even in this condition it is not harmful. Also, it is easier to drink when cold. It should be sipped slowly.

The odor of buttermilk is not unpleasant, and in that lies the desirable feature of its use. Nevertheless, as a bleaching and refining agent it is most valuable. In cases of sunburn or freckles the milk should be put on at the earliest opportunity, letting it dry into the skin. Water must not be applied at any time while there is a stinging or smarting sensation.

As a cosmetic it is invaluable and may be used as a substitute for water. When so used, the buttermilk is put on freely with a cloth, sopping the face, neck, and chest thoroughly. No soap is necessary. This is then washed off in warm water, to which about a teaspoonful of borax is added to a basinful of water. Fresh buttermilk is then patted on with the fingers, letting it dry.

When employed as an adjunct, the first cleansing must be done with soap and water, the skin being dried and buttermilk being patted on later and allowed to remain.

ENGLISH REJECT SIDE SADDLE.

From the Baltimore Star.

A great many English women now ride astride. For a dozen years it had been popular in England to scoff at American women for riding man fashion, but there has been a change of front since Lady Crichton, a daughter of the first Duke of Westminster, received an injury in the hunting field that may make her a cripple for life. The horn of the old-fashioned side-saddle carried her under her horse when she went down in taking a fence. Her spine was injured, and her condition was so critical that for several days she was not removed from a kitchen table in a farmhouse to which she was carried after the accident. Riding experts agreed that had Lady Crichton been astride she would have fallen clean out of the horse, and might even, with her greater control, have held the animal from falling. It took this practical example to break down the habitual British conservatism, and now that the first steps have been taken, it is predicted few English women, within a year, will use the side-saddle. Women astride now are in the majority in Rotten Row, the most fashionable riding path in London. When an American woman rode astride on the row only a year ago she was laughed at and spoken of as a semi-barbarian.

Tomatoes on Ragout.

Plunge four good sized, red, round tomatoes in boiling water for one minute, lift them up, skin, cut them into quarters; place in a small saucepan with half an ounce butter, three saltspoons salt, two saltspoons white pepper, three saltspoons sugar, half teaspoon freshly chopped parsley and a half a bean of finely chopped garlic. Lightly mix, place on the fire, cover the pan and let cook for ten minutes. Remove, pour into a deep dish and serve.

Suits of silk, from the thick and heavy shantuns, which permit of insets of really handsome lace, to the lightest and thinnest of Japanese or glaze, hold their own.

MORNING CHIT-CHAT.

MIXING SENTIMENT WITH MONEY MATTERS.



Ruth Cameron.

Sentiment and money matters get along together about one-tenth as well as oil and water. So don't try to mix them.

If you are making a business arrangement with the closest friend you have on earth, the forms of business procedure should be observed as rigidly as if it were for some one you had never met before.

I think that any business arrangement should always be a written and signed contract, though it is between David and Jonathan, or husband and wife.

Indeed, I might almost say, the closer the bond, the more need of care. For in such cases you are safeguarding your friendship or love as well as money.

A misunderstanding between friends entails far more suffering than one between acquaintances. For "to be with one who loves work madness in the brain."

Men are sometimes careless in this way, but women are especially apt to resent business forms between friends and consider them an insult to love and friendship.

One woman who formerly felt that way came to me with her troubles the other day, asking that I would let her experience teach some one else a lesson.

She was a seamstress and had boarded for several years at the home of a married sister. The home needed repairs and the seamstress offered to take her savings out of the bank to make these repairs. She did so. Fourteen hundred hard-earned dollars went to make the home more comfortable. No papers whatever were executed. There was simply an understanding that for the rest of her life she would be allowed to make the renovated house her home.

A year later her sister died. Her brother-in-law shortly after this began to make things unpleasant for her, finally ordering her to leave the house, serving a writ on her when she refused.

She sued him, but only recovered \$400, of which a very comfortable share went to the lawyer.

Think of the needle-pricked fingers, the toll-round shoulders, the million upon million of stitches on "seam and gusset and band" that lost \$1,000 meant.

And such a needless loss.

Another woman loaned several large sums of money to her son to put into a business venture. She took no notes and no entries were made on the books. "He is my son and I can trust him," she said when some one criticized this. Later he failed. Although his mother was by far his largest creditor, she could get nothing until his other creditors, who had their claims in writing, had been satisfied. And when that time came, there was nothing left.

It was through no dishonesty on his part. It was simply one of the many cases where allowing sentiment to interfere with proper business procedure proved disastrous.

There is nothing so dangerous, wrongly used, and no such protection rightly used, as the power of the written word. RUTH CAMERON.

LATEST FASHIONS.

From the Philadelphia Public Ledger.

In this hot weather it is better to buy a little meat as possible and no more than can be eaten in a day. It becomes necessary, however, occasionally to keep meat over night. Every precaution should then be taken to preserve it.

Do not let meat stay in the paper in which it is wrapped. Nor must it stand around the kitchen for even five minutes. Put it immediately upon a clean open plate upon the ice and keep it there until used.

Meat that is kept in cold storage taints almost immediately on being exposed to the air.

If for any reason your meat must be wrapped, use paraffin paper rather than ordinary brown paper such as butchers usually employ.

If you are not certain of the keeping qualities of meat or poultry, wash it off with a clean cloth dipped in vinegar and water.

It is important with chickens to go over them as soon as they are delivered. Even though carefully cleaned there is usually some part left that will hasten tainting.

A good preservative for meat that must be kept is to cover its surfaces thickly with black pepper. This is carefully scraped off before cooking. Though there may have been some slight odor, this pepper treatment will overcome it.

BUTTERFLY ROW ON HAT.

From the Philadelphia Public Ledger.

One of the artistic oddities in millinery is an oddity that is pretty shortly being chronicled in the butterfly bow perched in front, at top of crown.

These are made of ribbon, of jet, and of rainbow gauze. They are used on a hat that is plainly trimmed with a wrapped scarf band.

HINTS FOR THE SEWING ROOM.

From the Boston Post.

If you always sew with your feet placed on a foot rest you will find that you naturally sit straighter. The same result may be obtained if you sit in a low chair.

To prevent machine-made scallops on lingerie or towels from fraying when they are laundered, go over them with a button hole stitch, putting the needle about half way down from the top of one scallop to the place where the needle originally went in. Only every three or four stitches need to be worked into and the buttonholing gives them extra strength.

Some persons go over hand-made scallops in this way because of the added strength. On flannel worked with silk the already worked scallops are sometimes buttonholed.

TO CLEAN AND FRESHEN RIBBON.

From the Philadelphia Press.

Ribbon is first dusted and then ironed between tissue paper.

To clean ribbon, a mixture is made in the proportion of three ounces of soft soap, three tablespoons of honey, to a teaspoonful of gin and water.

The ribbon is placed on a board and scrubbed with the mixture. It is then rinsed by dipping several times in clean, cold water, and not squeezed out, but hung over a line to drip, then put between cloths and ironed by drawing the ribbons from under the iron. This prevents creasing and a stringy appearance at finish. The iron should be kept still with pressure upon it.

White ribbons will not turn yellow when washed if the water is warm, not hot, and the soap used a fine white quality. Rinsed in three waters, the last being a strong blue.

Hang in the sun until half dry, then press under clean muslin with a warm iron.

Black satin ribbons may be renewed by rubbing gently with vaseline.

To wash colored ribbon, make a strong lather of fine soap and cold water; wash the ribbons and rinse them several times, always in soapy water, not clear water.

When partly dry, iron between thin pieces of muslin, having the ribbon perfectly smooth.

Ribbon interwoven with tinsel is best cleaned with fine breadcrumbs and powdered blue, then shaken and rubbed with a clean cloth; tinsel or gold lace may be cleaned with ammonia.

To dry clean lace give it a dry bath in flour. Put a quart of flour into a basin, put in the lace, then rub and squeeze it with the hand as if the flour were water.

After the lace has received a good shaking it will look as fresh as ever.

Stripes are promised a run in the late summer, and already it seems that striped chevrons are to have first place.

CHILD'S GARMENTS AT THE SEASHORE

Navy Blue Serge Coat Suit and Light Woolen Dress Very Serviceable.

Here are some suggestions for a few little dresses for small girls spending the summer at the seashore. They are adapted for everyday, playtime wear, and are within the skill of the home dressmaker.

A very suitable little coat suit can be made from navy blue serge cut loose and trimmed both front and back with straight strappings. A gracefully shaped white linen sailor collar banded with dark blue linen, and gold buttons would add a decorative touch.

Cool mornings at the mountain and seashore make a light woolen dress most serviceable for the little maid. Striped flannel would be very satisfactory and simplicity should be the dominant feature. It might have the seams of the slightly full skirt strapped with bias bands of the material and two narrow ruffles trimming the bottom of the same.

The bloused body can have a square yoke embellished with silk trimmings and attached to it with a silk cord. A leather belt to match the color of the frock would add a final touch.

A dainty cool dress for the afternoons would be pretty of spotted muslin. It could be made low neck and short sleeves, be worn with a guipure and artistically trimmed with a band of embroidered muslin, around the square neck continuing down the side front, where it opens, to the belt. A band of it could also trim around the sleeves, the bottom of the skirt, while a belt of the same would look very pretty.

Striped percale, tastefully trimmed with bands of plain percale to match, the prevailing tone of the material, would make another very attractive little frock. The waist could be made over an adjusted lining and the skirt attached to the same. A straight yoke in the little bodice bordered with bands of the plain material would look quite smart.

The sleeves could be scant puffed to the elbow and met by long, close cuffs.

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CHOSEN FABRICS FOR MOURNING GOWNS.

From the Chicago Tribune.

It is no longer necessary for women in mourning, especially those who are young, to be weighed down with heavy, burdensome materials. Black at any time is worn and heavy looking. Nevertheless, there are many cool, fine materials in the stores that, if chosen for gowns, will lessen the discomfort of those in mourning during the summer.

Cachemire de soie is the latest of the expensive materials for mourning. It comes in pure silk and in a mixture of wool and silk. Its weave is that of cachemire, or rather that of Henrietta cloth, which it resembles. It is, however, much thinner than cachemire, and exquisitely fine in texture. The cachemire de soie in pure silk is in its lusterless, smooth like the silk-wool mixture, but is, of course, much cooler for summer wear. Nothing takes the place of these two materials for expensive gowns.

If the gown is to be of silk, armure, although not a new silk, is the chosen favorite. It is a lustrous silk, plain on the back, with a crepe-like surface, and is used for making clerical gowns. This is worn by other women for mourning.

For ordinary wear, traveling and roughing it, serge still holds its own over the popular broadcloths which are chosen by those who are not so fastidious.

The luster of the broadcloths forbids these to be used by those who pay attention to the conventionalities of mourning.

The wool voiles are still preferred for afternoon and those milder festivities that are permitted to those in mourning. It is observed that these voiles are sometimes ornamented with the lustrous bead pastermentaries that formerly was so much in fashion. Boleros and yokes, as well as other forms of this sort, accompany voile gowns.

For evening wear nothing takes the place of chiffon cloth. This material conveys a sense of elegance as well as of beauty, and lends itself to the present fashion, and is more to be remarked, yielding more and more to graceful drapings. The reaction against the sheath gowns, especially in the thinner stuffs, is gaining headway from day to day.

Crystalline, a mixture of cotton and silk, thin, not so lustrous as voile, is a new material suitable for those who wear light mourning and for young girls in black. These gowns are trimmed with taffeta ribbons, which add vivacity without creating frivolous.

A black cotton net, fine in mesh and embroidered dots and bands along the selvage, is used for inexpensive summer gowns. These are self-trimmed and pretty for one season's wear.

THE TABLE CENTERPIECE.

From the Philadelphia Bulletin.

It has been frequently said of late that centerpieces are going out, but this is not true.

It is often dispensed with where a cloth is used, but for the bare table it is more in demand than ever.

In spite of its seeming to have grown larger, as large as the table will carry.

Twenty-four inches is a good size for the ordinary table, although twenty-seven, and even thirty-inch ones are used.

With a round table none but circular centerpieces are used, this shape being, in fact, the best liked, even for square or oblong tables.

There seems to have been somewhat of a reaction against white centerpieces and plate doilies, and a touch of color is being introduced into a great many of them.

Mercedized cloth is more or less taking the place of silks and flors for working, as they launder so perfectly.

SNAPSHOTS OF THOUGHT.

By T. M. SULLIVAN.

Intellectual gems never require the art of the lapidary to enhance their brilliancy.

Though thought be silent, the world feels the impact of its force.

Religion expires when morals decay.

Jealousy produces fruit that should never be preserved.

Hard study is the pruning hook that fashions natural abilities into useful endowments.

Fortune never wastes her time with the man who has neither the ability nor courage to seize the opportunities she offers.

The value of your knowledge is determined by its accuracy, not by its volume.

The seeds of wisdom never germinate in a sterile mind.

It is from the remembrance of the opportunities we have lost that the arrows of regret are barbed.

The diamonds of honesty never sparkle so brightly as when the man of integrity resists the allurements of temptation.

THE OPTIMIST COLUMN.

Contributions by members of The Washington Herald Optimist Club.

Truth has the authority of God—and so is the altar of life—the standard by which we judge character; something so deep down in the soul it can never assume one unreal attitude and knows no concealment. It has the courage of our highest thoughts, shot into us by God's arrow. It never weakens, but holds on to "honest conviction" with a grip of iron, and has no need of "loud protestation." It is sublimity that fears no colors and never retreats. It is the "strength, power, kingdom, and majesty of the ages," the cheariest and highest strain in the music of life and love, and is the light that masters the soul in its supreme hour.

North Weymouth, Mass. ALLIE SHARPE BALCH.

First find out truth and then, although the struggle is long, From beaten paths of men, To untold ways, And hide thy fate!—Anon.

If we strive to teach and practice truth, To each as there will come an hour, When the tree of life shall burst into flower, And rain at our feet a glorious shower, Of something grander than ever we knew. —Anon.

Try to make others better: Live to cheer others' sorrow, Live to make joyful the sad, Live to comfort the lonely, Be gentle and kind and true—True to yourself and others As God is true to you.—S. E. ADKINS.

The power to bind and loose to Truth is given; The mouth that speaks it is the mouth of Heaven. The power, which in a sense belongs to none, Thus understood belongs to every one. —The Evangelist.

Truth is truth all 'round the world, Right as midnight motor buried; And in age or verdant youth, Truth is nothing but the truth. —JOHN A. JOYCE.

Truth! the old man said, as he trod his lonely way, I'd like to see you sacred years ago, I'd not me this day. Truth! the youth replied, is all the world to me, I shall never forget my boyhood's promise, As I knelt at my mother's knee. —MARY J. HICKLEY.

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